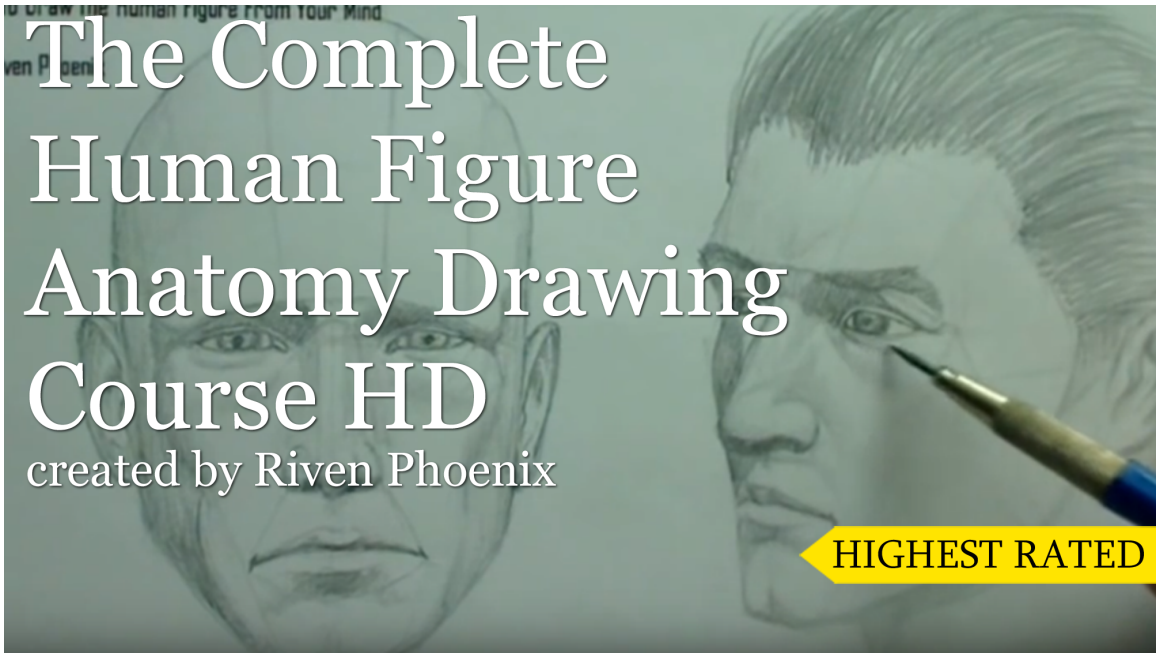

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 123 - The Muscles of The Torso - Part 4

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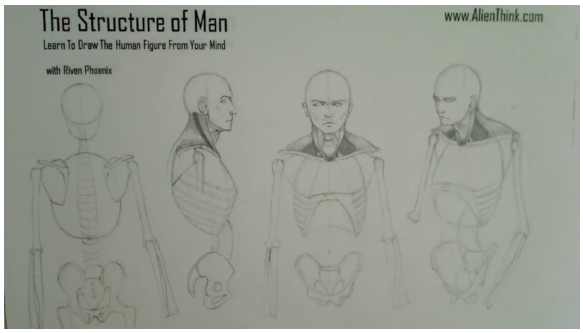
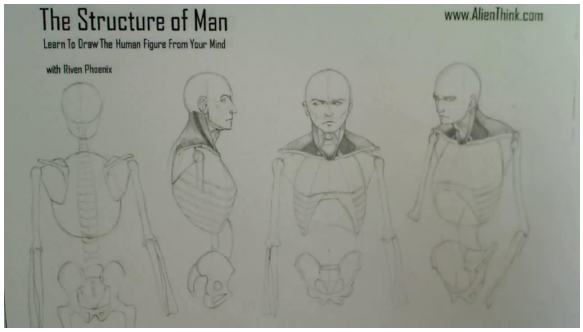
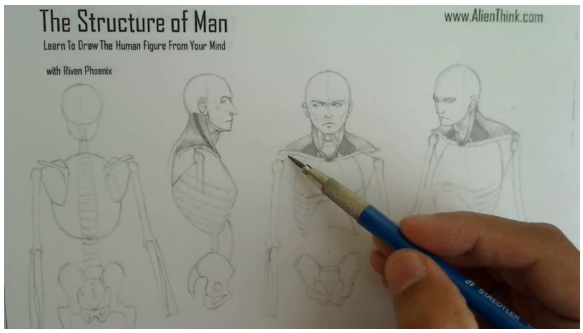
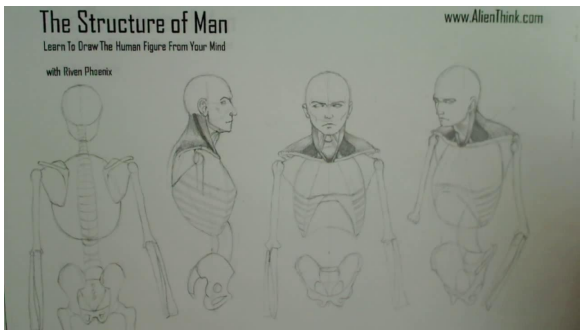
1		Hey guys, my name is Riven Phoenix and welcome to the structure of men, learn to draw the human figure from your mind training course.
2		Okay, so now we're going to start our process of understanding the muscles of the torso.
3		And this is where the process that we're going to go through in understanding this is going to increase your ability to draw
4		the figure very rapidly, right, and we're going to do it in a very special way here.

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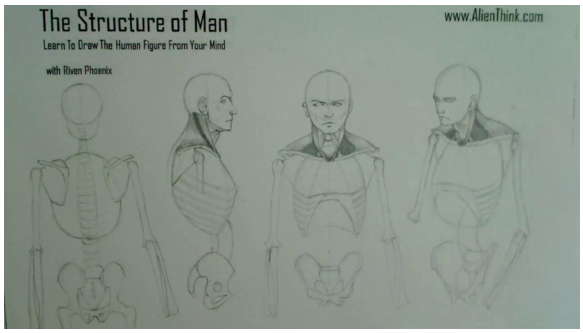
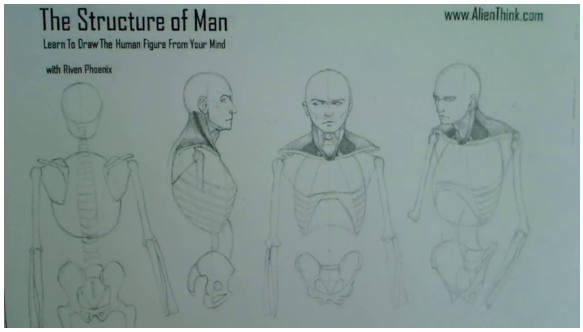
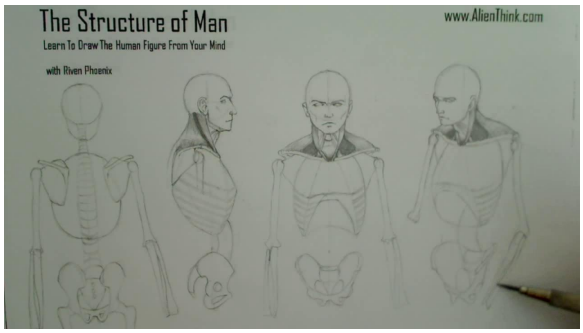
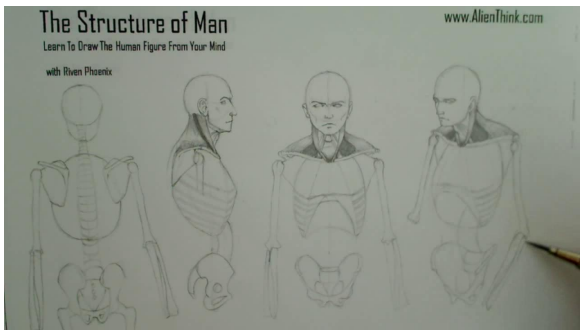
5		So everything, all the muscles here, again, keep that in mind, they were really inventing them.
6		And so one other thing here, I just want to point out that here is the ulna that I drew over here, and then this is the radius, right.
7		In the drawing that I showed you, I actually did this backwards in my explaining to you, right.
8		So I made that correction over here.

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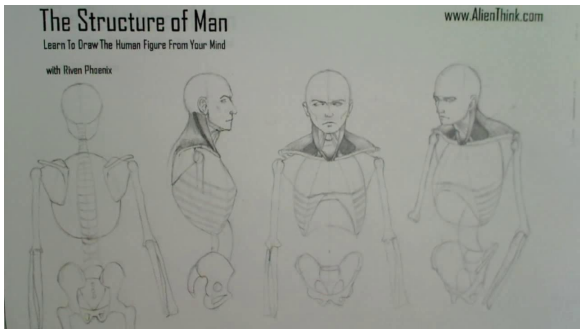
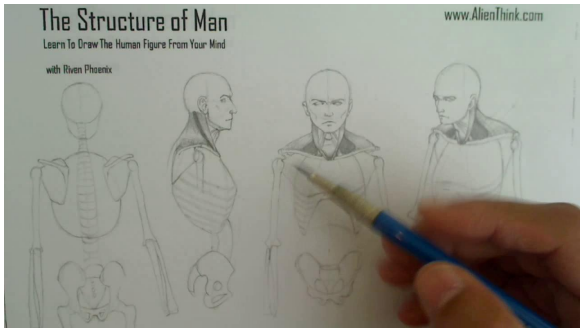
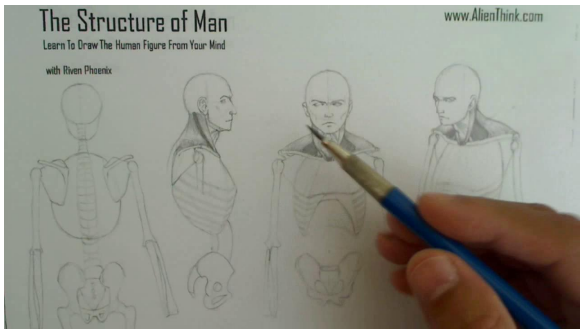
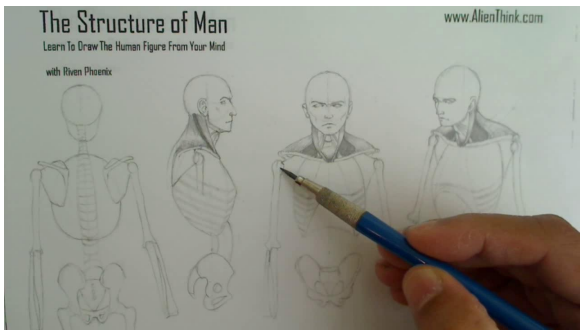
9		Okay, so what to, to understand the muscles, what we need to do is now first get a good conceptual understanding of the bicep.
10		Right, and the reason for this is in order to understand the pack muscles, we have to understand how the bicep works.
11		So it's very easy. This little bone here that comes out of the scapula over here, the bicep is going to be connecting to this, right.
12		So basically we're going to do like a line over here over here, and then we're going to do like this V shape, and then we're going to connect another line over here.

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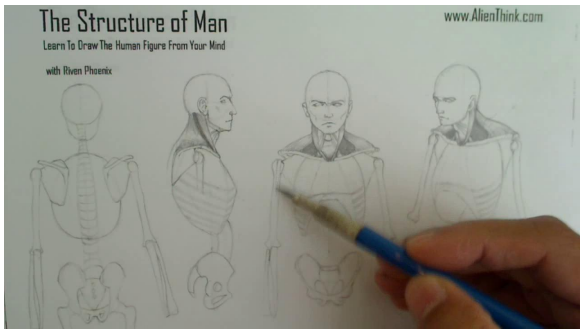
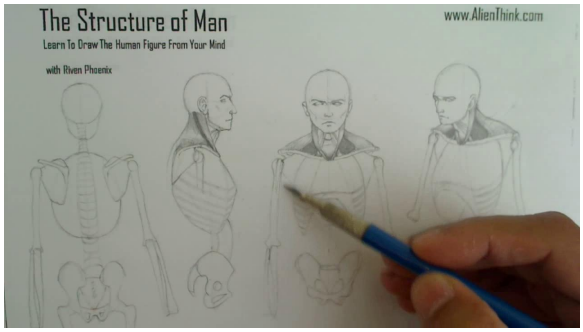
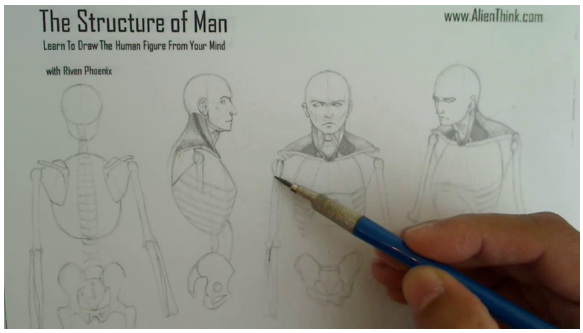
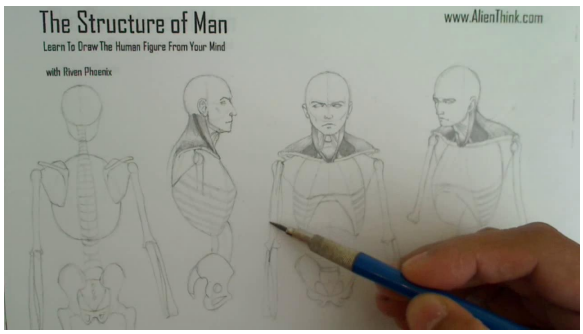
13		So the bicep connects one string of it connects over here to this bone, and the other one just connects on the half of this numerous bone.
14		So what happens is it's just going to bulk out kind of like this, and it stops being a bicep around here, and it's going to come back and connect back over here to the radius.
15		Right, so when we come out from this way, we'll do the same thing.
16		It comes out, and it just stops being a bicep around here, connects to the radius. Right, and now you can understand when you flex your bicep, as to how we're able to flex it because it's pulling here.

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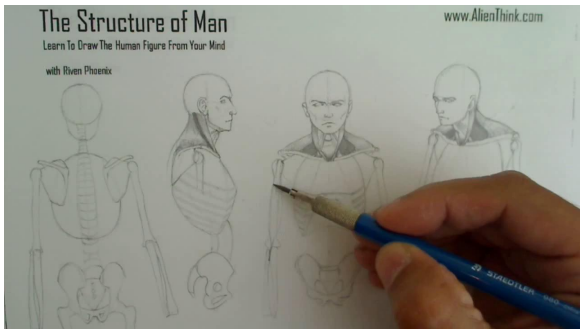
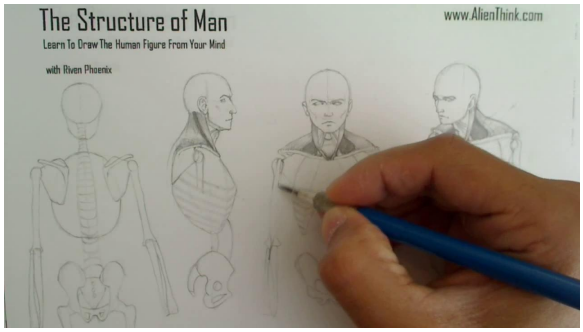
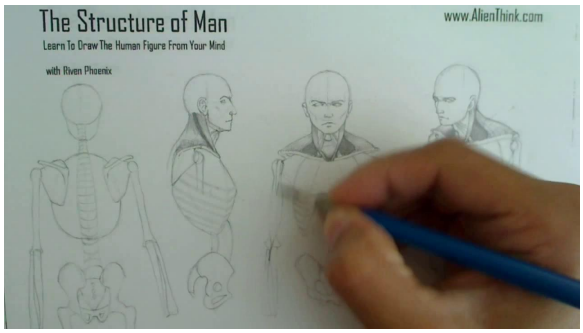
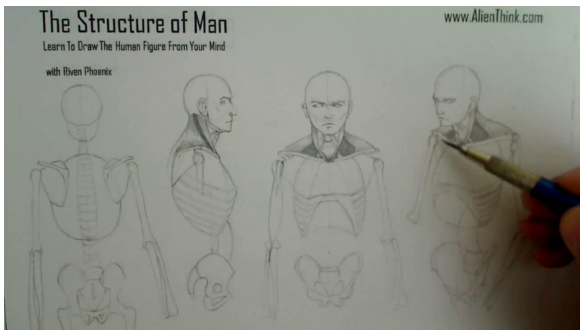
17		Right, so once we get this, we can just simply erase these lines here, and we draw it out very lightly.
18		On the top, you should draw this out lightly because we're going to erase some parts here.
19		Okay, let me understand more of the muscles. So here I'm just going to do this here. Right, so this is going to be the bicep.
20		So from the side view, it's just going to be simply the same concept. From the side view, it's going to come like this over here.

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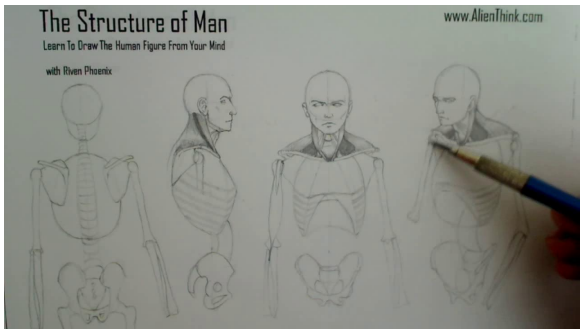
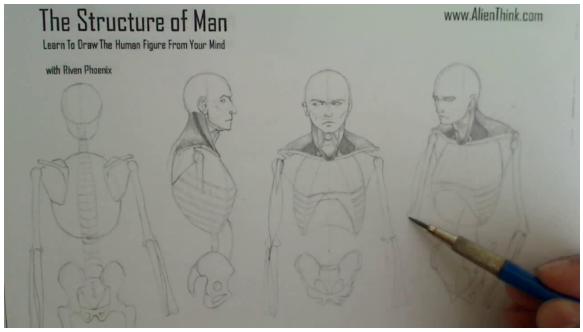
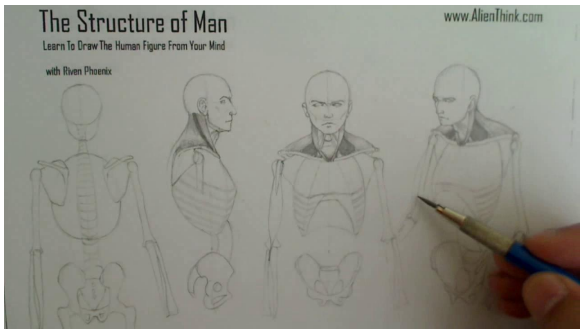
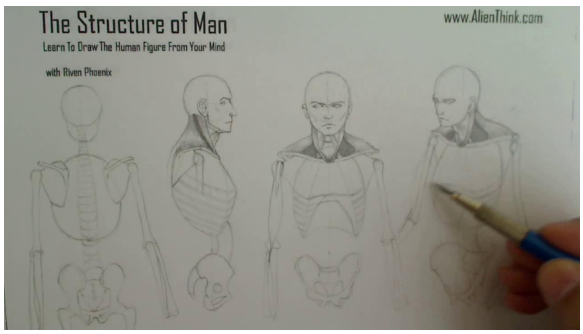
21		You're going to get one string over here. It's going to bulge out like this, and then it's going to stop being a bicep.
22		So over here, we'll just draw out, over here, a little bit of the, all in all, let's say it's just going in this direction, and then we're going to get the radius.
23		Right, so this bicep is just going to connect back over here to the radius.
24		So over here, we can just simply draw it out as a simple concept. So from here, it's connecting all the way like this. Right, so you're going to get a V-shaped over here.

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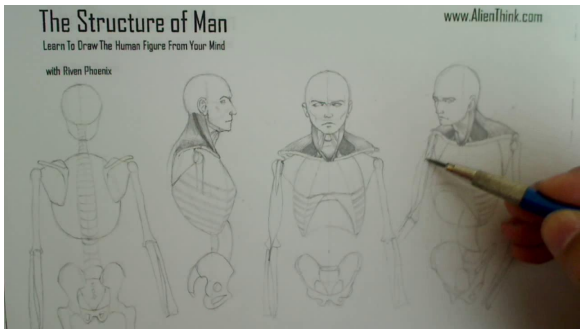
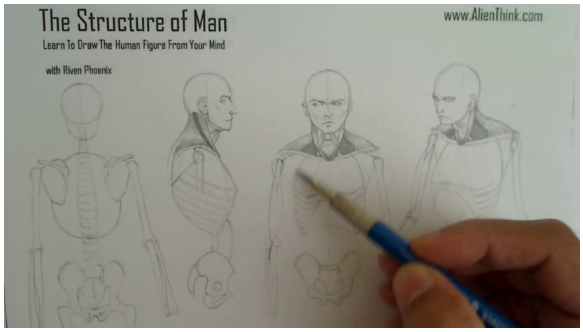
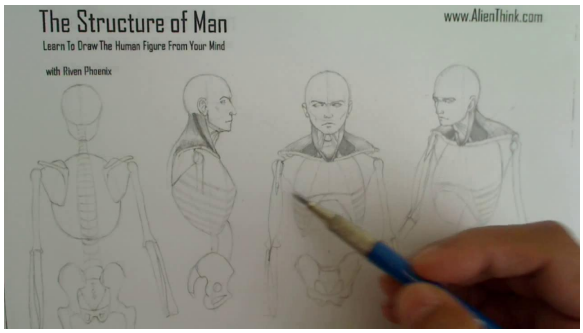
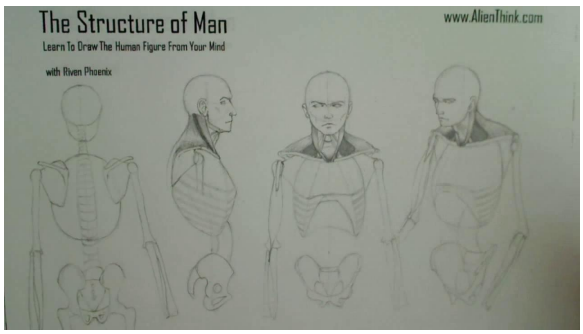
25		Right, so now when you flex your biceps, right, and you see this on other people, is that you'll get a little notch.
26		So when the shoulder comes over, and the chest muscles, you'll get like a small notch here. Right, and it's basically coming from this area.
27		It doesn't matter if we drew it here, you can just take it up a bit, knowing that, right, I'll just remember that it's just like this small nudge because of these two pipes over here.
28		Right, so you'll do the same thing on this side over here, this will come here, and then we'll get like this nudge over here.

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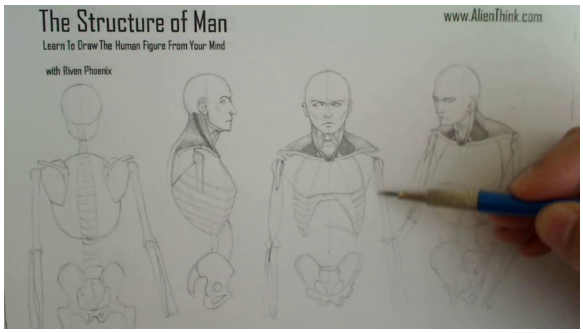
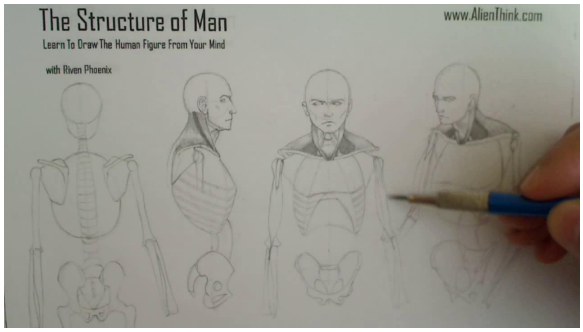
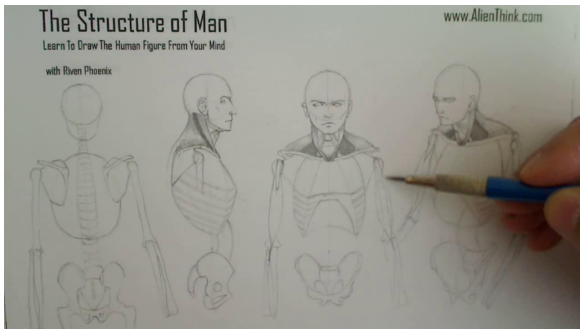
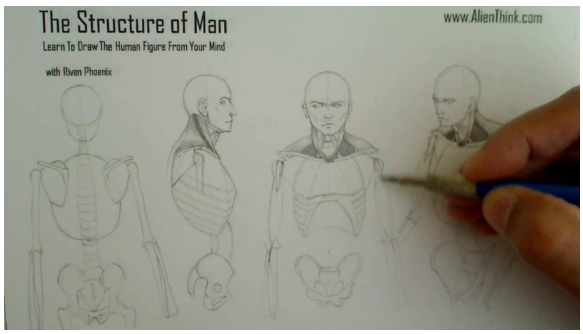
29		I'm going to get the bicep over here, and it's going to connect to the radius. Right, so it look where it stops. I curved it over here.
30		Right, and this will help you help the mind really to understand the counter lines, just to where they're coming from.
31		Why is the figure looking the way it does because of these rules that exist on it? Right, it really just does matter to understand how the muscles connect.
32		So when we're drawing it, we will think about this stuff. Look, I know where everything's connected. Right, okay, so here I'm just going to finish that off here.

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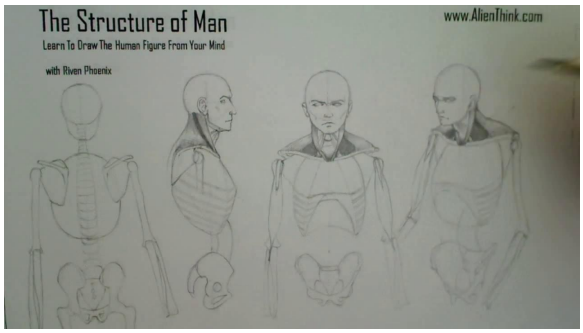
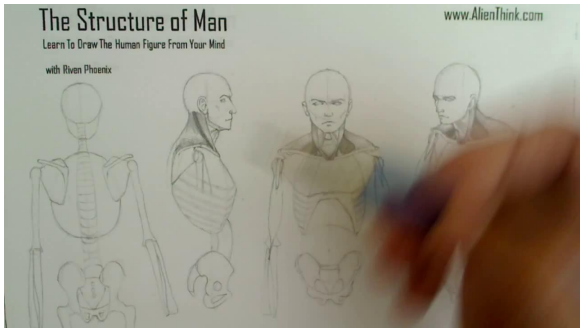
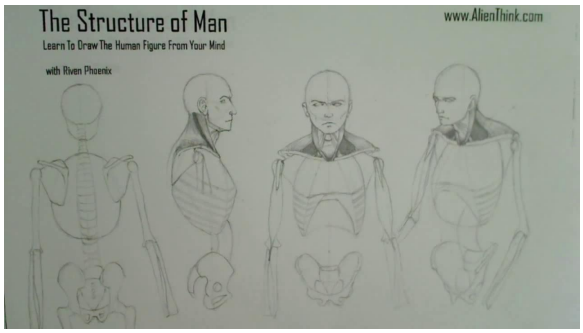
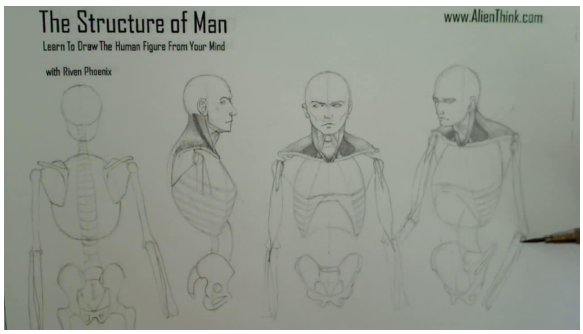
33		Here on the side, it's just going to come like this, but we're just going to put a line here for now that the bicep is obviously going to go up and bulge up.
34		But we're not going to draw anything because we need this area to understand this a little later.
35		Okay, so the first thing we're going to do now is now do the same thing on this end. Right, so it's really just coming up like this, and we said it's going to stop being a bicep and it's going to connect to the radius over here.
36		Right, the radius is always on the side of the top. Right, the reason I drew it backwards is because I was I was thinking about it the wrong way. Right, but it's easy to fix that.

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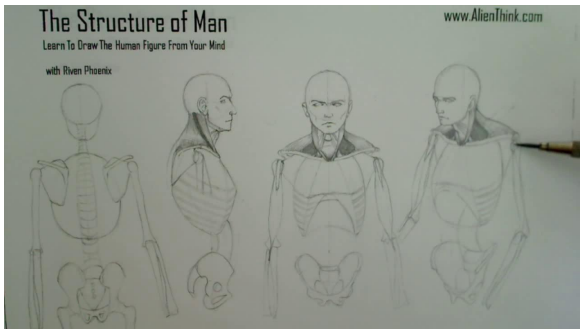
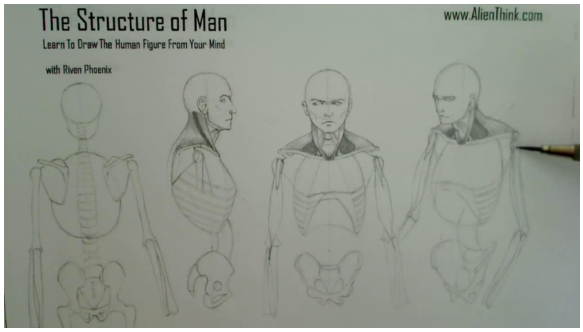
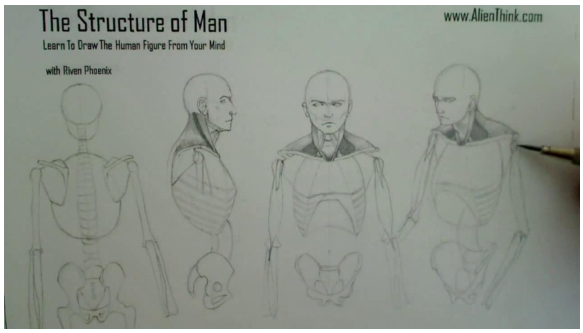
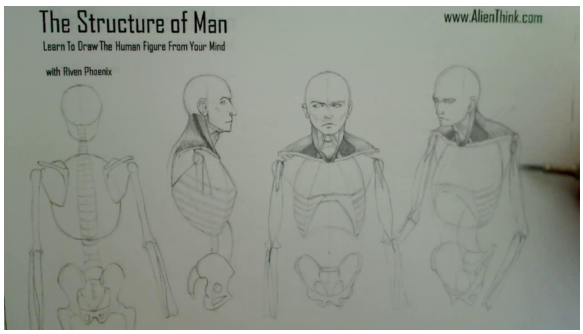
37		Okay, so here we'll just put this line over here and here I'm going to do it this way over here.
38		Okay, so we're just going to connect it like this and then I'll just erase some of these ideas here to clean this area up on a three or four to view.
39		Right, so it's really just coming down like this and the other one is just coming down like this.
40		Okay, remember it's all going to come down to basic shapes in the end, but these are the details that's going to matter to us and understanding.

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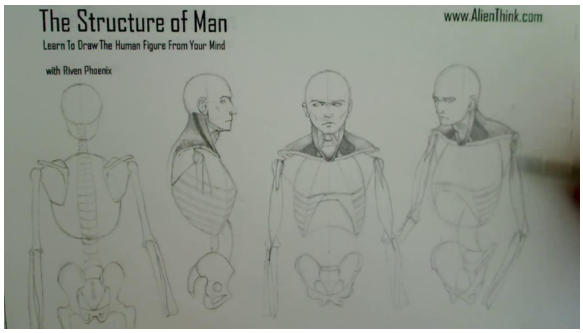
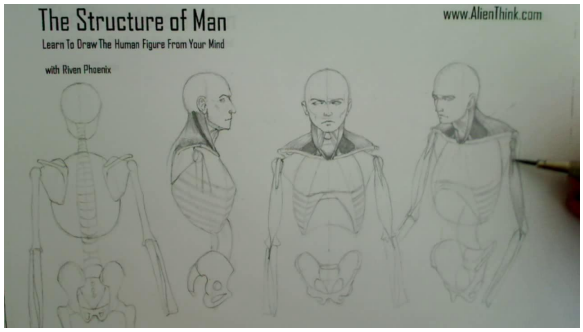
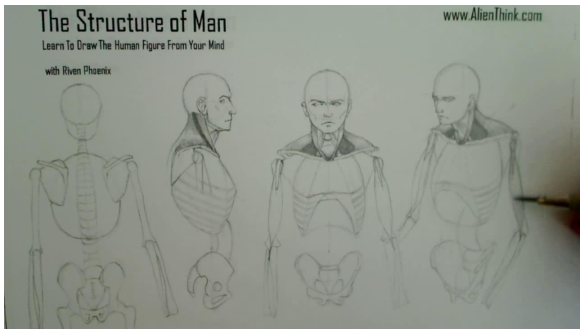
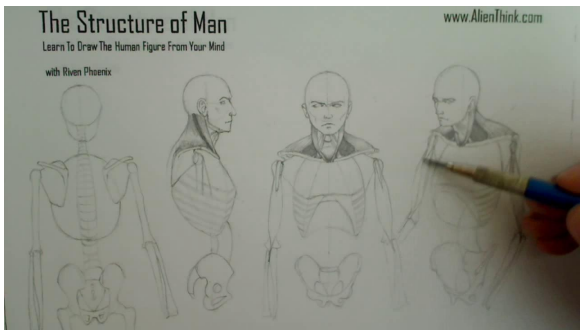
41		So I'm just going to just put in these basic ideas here, but that is just going to connect over here. Right, just put the muscle fibers in like this.
42		And again, we're going to actually erase some of this area here, so do kind of like do it like right.
43		Okay, so I got this then over here, I'm going to get this over here.
44		Very lightly, I'm just going to make this into a bicep.

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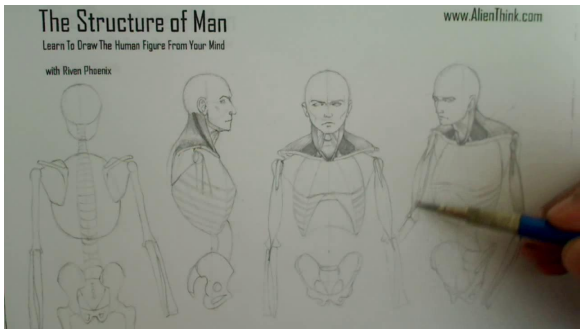
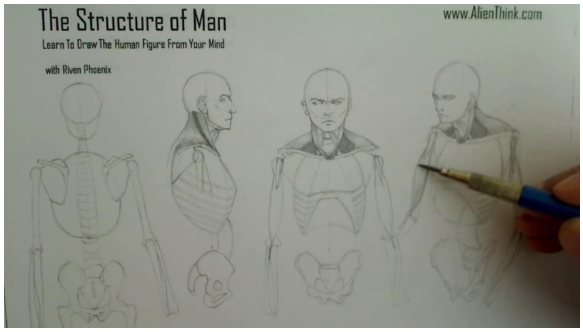
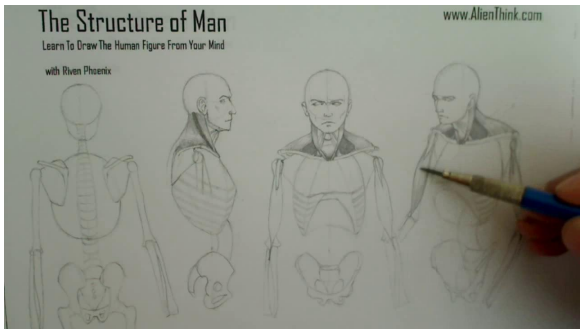
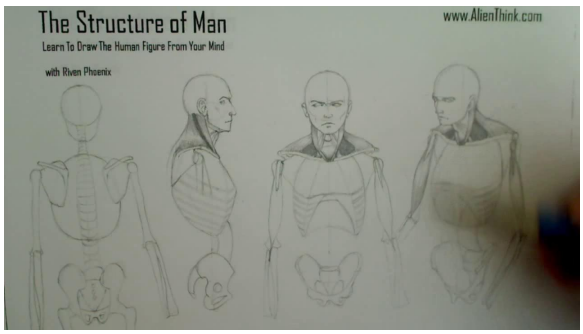
45		I'm just going to darken it up here really on the sides.
46		You can start to see the outlines of this.
47		Okay, so it went from here and here.
48		Okay, and then from here is the same thing which is going to

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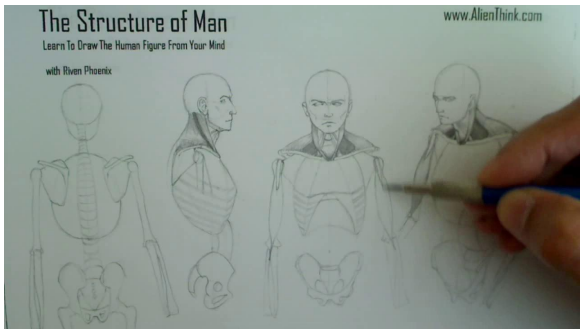
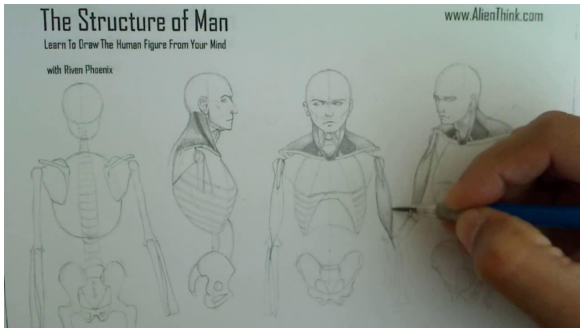
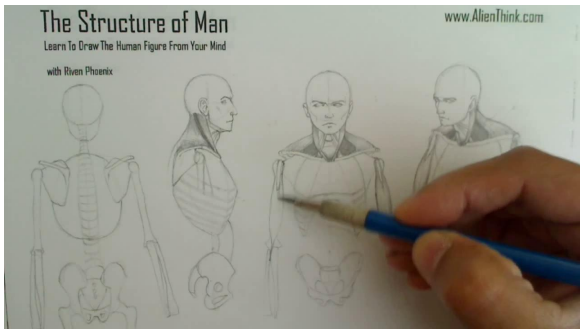
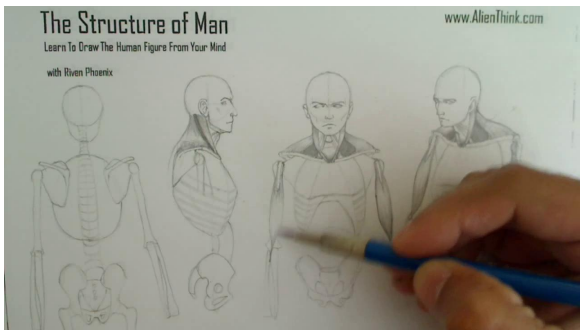
49		connect these fibers here.
50		And then lastly, we'll make this one over here like this.
51		Right, so to keep this area light, this top area light, because we're going to erase a little bit of this.
52		And this one too.

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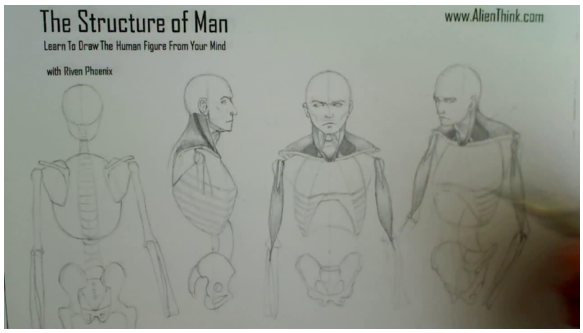
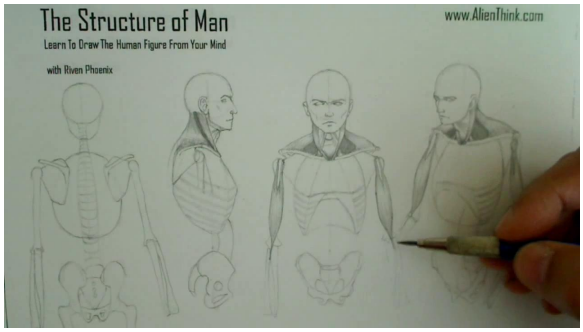
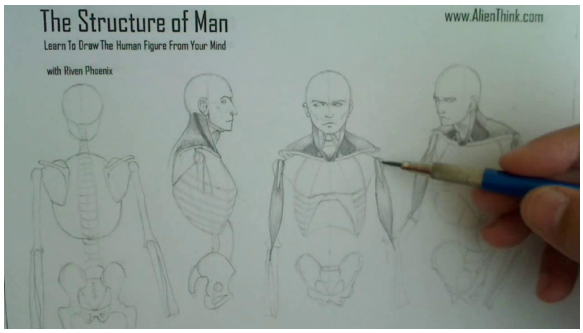
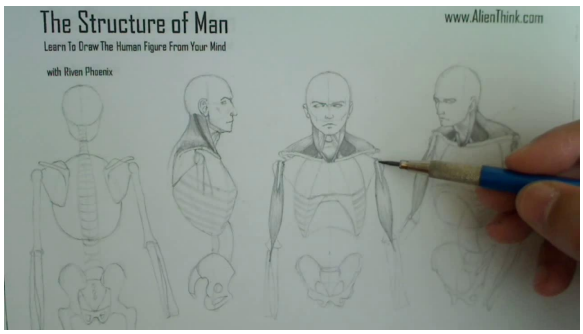
53		Okay, so now we have enough information here now to understand this.
54		Right, it's very easy to remember how the bicep is.
55		Just understanding, right, the bicep, regardless of this point, I remember it connects to the humorous bone.
56		Right, so when you're understanding the direction of it, when we're drawing out the figures, we will understand

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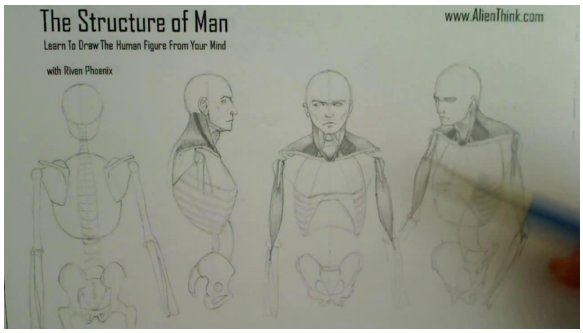
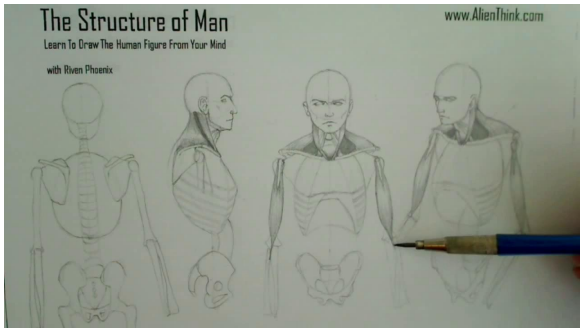
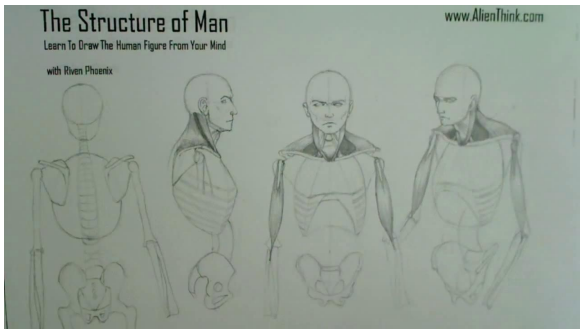
57		yes, it connects to the humorous bone and it connects to the radius over here.
58		Right, that's a rule to understand about the bicep that we've come up with.
59		So I'll see you in the next lesson.

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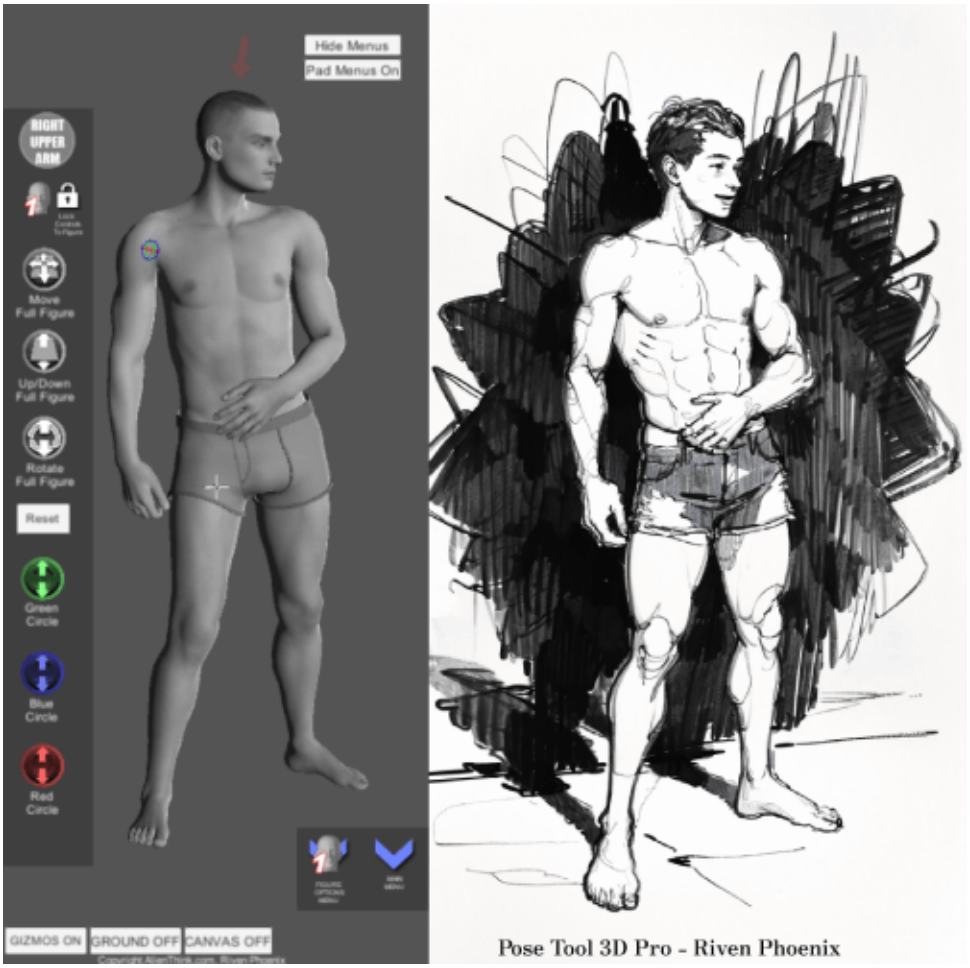

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